

Tūtū and Me At-Home Learning

A real story + simple tips for caregivers



Hitting and Biting

Luke Helps Noa Learn to Use His Words (age 2 ½)

Before:

Noa sometimes bit or hit when another keiki came too close or took his toy. His father, Luke, noticed it often happened when the room got loud, or when Noa was tired.

Now:

With Luke's help, Noa is learning to say, "Mine, please," or "I need space," instead of hitting. He still needs reminders, but the outbursts are fewer and calmer.



What Helped Luke and Noa

	Luke paid attention to when Noa bit and realized it often happened after a nap or when Noa was hungry. Luke could plan for a snack or calming activity at those times.
	Luke stayed calm when Noa hit. When it happened, he used a firm tone to say, "Hitting hurts. We don't hit."
	Luke comforted the keiki who was bitten first to shift his attention away from the behavior.
	Luke made playtime with friends shorter and gave Noa a teething toy to fidget with when he was restless.

Try one small change this week! Ask yourself:

- When does the biting or hitting happen most?
- Is my keiki tired, hungry, or overstimulated?
- What are other ways they can express their needs?
- Am I responding calmly and consistently?
- How can I prepare better next time?

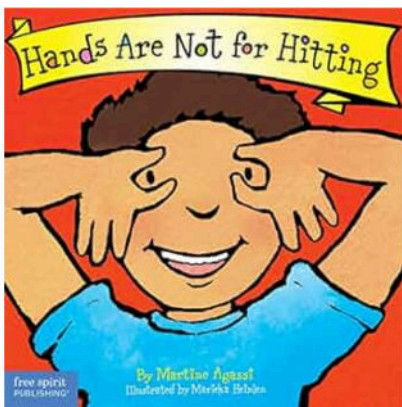


RESOURCES AND MATERIALS



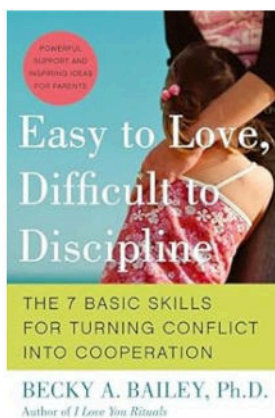
Teething/Fidget Toys

Teething/fidget toys can help toddlers stop biting by providing a safe and satisfying alternative outlet.



Keiki Books

Books help keiki discover alternative ways to express their feelings and frustrations.



Caregiver Resource Book

Author Dr. Becky Bailey teaches a series of steps that help families move from turmoil to tranquility.

These resources support all keiki. If a developmental screening or assessment suggests a delay in keiki, caregivers should consult their primary care physician. Staff do not diagnose keiki, and any disclosed diagnosis from a caregiver will be kept confidential.